

FACILITATOR PROFILE

Nicole Jordan



Founder of Mental Health Education and Training, Nicole works with organizations, using the latest in neuroscience and positive psychology theory, to proactively address psychological hazards in the workplace.

Nicole whole-heartedly believes valuing our mental health and wellbeing equally to our physical health and wellbeing is the cornerstone of thriving at work and in life.

An energetic, passionate facilitator and coach, Nicole collaborates with her clients to develop a tailor-made approach to their unique environments. Building mental health and wellbeing literacy and teaching simple, practical tools, in safe, interactive, and engaging programs.

An accredited and experienced Master Mental Health Instructor, Nicole also completed a Diploma in Positive Psychology and Wellbeing. This makes her uniquely positioned to provide managers and teams with people-centered skills such as vulnerability, empathy, trust, and compassion, that support team members in times of struggle and enable to them to function at their best more of the time.



Over the past two years, we've engaged Nicole for a number of mental health and wellbeing education programs and accredited Mental Health First Aid training. Nicole's fully customized engaging and dynamic programs are continuing to support our employees and volunteers throughout the Covid pandemic.

DIMITRA BARNES
HR Business Partner

 <https://www.linkedin.com/in/nicole-jordan-03906580/>



EDUCATION

Bachelor of Applied Science
(Human Movement)

Diploma in Positive
Psychology and Wellbeing



EXPERIENCE

With over 25 years of industry experience in community and not-for-profit organizations, Nicole has delivered hundreds of workshops, from for executives through to direct service delivery teams. From the board room at the Australian Grand Prix Corporation, to Zoom wellbeing workshops with Primary School teachers, Nicole is well versed at adapting to the needs of participants and creating safe spaces to learn across a broad range of industries.



ACCREDITATIONS

Principal Master Mental
Health First Aid Instructor

Certificate In Creating
Positive Change



MEMBERSHIPS & LICENCES

International Positive
Psychology Association

Mental Health First
Aid International

The Wellbeing Lab Licensee

SOME OF THE COMPANIES AND CLIENTS NICOLE HAS HELPED

